## **CLAIMS**

- 1. A treadmill that comprises a frame supported against the floor at its front and back sections, a belt section arranged on the frame and comprising a belt arranged in an endless loop around two rolls at a distance from each other, first means for turning the belt around a front roll and a back roll at a desired speed, and second means for adjusting the tilt of the belt section with respect to the horizontal, and a hand support structure extending upward from the plane of the frame in the operating position of the treadmill and comprising a support part on both sides of the frame, and extending from both support parts, there are low supports forming a low frame that are arranged to extend substantially parallel to the frame in the operating position of the treadmill and to rest against the floor at least in the area of the ends, and the entity formed by the support parts and the low frame is turnably pivoted to the frame by means of a transverse shaft of the frame, the entity formed by the support parts and low frame being turnably pivoted to the frame by means of the transverse shaft so that when the frame is lifted upright on one end, the entity formed by the support parts and low frame turns around the shaft, which is transverse in relation to the frame, so that the ends of the low supports rest against the floor and form points of support to keep the frame upright.
- 2. A treadmill as claimed in claim 1, wherein the low supports forming the low frame are arranged to extend past one end of the frame.
- 3. A treadmill as claimed in claim 2, wherein the transverse shaft is arranged substantially in the middle of the frame.
- 4. A treadmill as claimed in claim 3, wherein the transverse shaft is arranged at the joining point of the support parts and low supports.
- 5. A treadmill as claimed in any one of the claims 1 to 4, wherein at least one element easing the turning movement is arranged between the frame and the entity formed by the support parts and low frame.
- 6. A treadmill as claimed in claim 2, wherein the low supports are arranged to extend past the back end of the frame.
- 7. A treadmill as claimed in claim 1, wherein transport wheels are arranged at one end of the frame to rotate around shafts that are substantially vertical in the operating position and that support wheels are arranged in the area of the ends of the low supports to rotate around the shafts that are substantially horizontal.

- 8. A treadmill as claimed in claim 1 or 7, wherein second transport wheels are arranged in the area of the ends of the low supports to rotate around shafts that are substantially parallel to the shafts of the transport wheels at the other end of the frame when the frame is turned upright.
- 9. A treadmill as claimed in claim 8, wherein the second transport wheels are formed into lowerable wheels in the upright position of the frame.